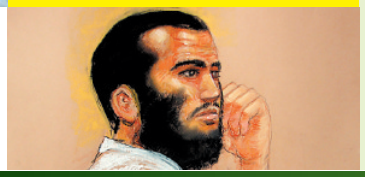


WHAT DREAMS MAY COME
DICAPRIO ON DELVING INTO INCEPTION {page 10}

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Music. Jazz Festival



▶ Alpha Yaya Diallo

RYAN TAPLIN/METRO HALIFAX

Smooth sounds fill the night

Three-time Juno Award-winner Alpha Yaya Diallo performs at the Halifax Jazz Festival last night. Tonight’s Festival Tent show features Molly Johnson and the Nova Scotia Mass Choir.

MP fears ruin for economy

Liberal criticizes N.S. for lack of action in face of financial hurdles Regional co-operation urged to fight shared issues



ALEX BOUTILIER
HALIFAX@METRONEWS.CA

Liberal MP Scott Brison says Nova Scotia will experience economic ruin unless drastic measures are taken.

“Nova Scotia faces nothing less than economic catastrophe unless we have an adult conversation as citizens of this province,” said the sitting Kings-Hants MP yesterday.

“Everybody needs to recognize the scale of and nature of the challenges facing our province.”

Brison noted the loss of offshore revenues as a major challenge facing the province. Recently, Sable partners decided to cease offshore expansion — which accounted for $450 million in royalties last year.

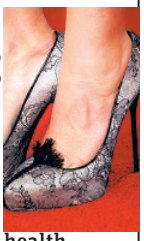
He suggested a regional energy plan, as well as cutting the number of MLAs in the province, as cost-saving measures. MORE COVERAGE, PAGE 3

Local

Cruise industry at risk?

- New international rules lowering sulphur emissions may threaten operations
- British company has threatened to drop North American line {page 5}

Perils of picking fashion over function



High heels can be a health hazard, putting pressure on feet, hips and spine {page 15}

Survey finds firms optimistic about recovery

Positive response could pave way for interest-rate hike by top bank next week {page 7}

Make a hearty salad in a pinch

Penne and sausage make for a hearty, filling dish {page 16}

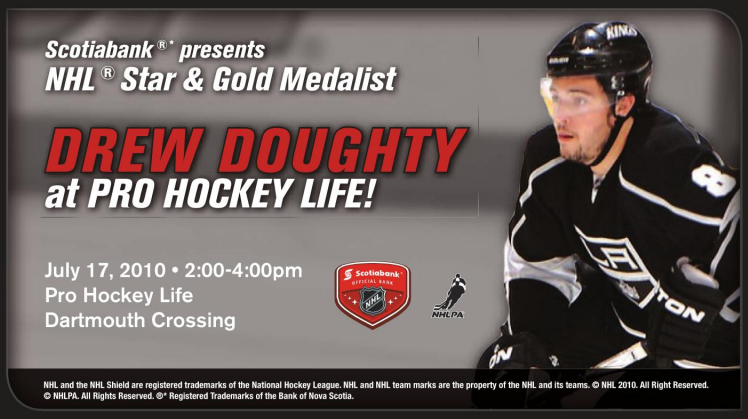
Local brothers set to face off

Siblings hitting water in canoe-kayak trials {page 21}

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P.E.I. Morning smiles



▶ Regis Philbin and Kelly Ripa laugh during the broadcast of Live! With Regis and Kelly on the waterfront in Charlottetown yesterday. The popular American talk show, based out of New York, will be broadcasting from Charlottetown until July 15.

ANDREW VAUGHAN/THE CANADIAN PRESS

Regis and Kelly do Prince Edward Island

Television stars Regis Philbin and Kelly Ripa were flanked by eight Mounties yesterday as they greeted thousands of cheering fans and brought their New York-based show to Charlottetown. The popular morning duo, who normally host Live! With Regis and Kelly from Manhattan, kicked off their visit to P.E.I. with plenty of praise for the province's green rolling vistas.

Mom takes action on grief support

Booklet provides resources for people coping with youth suicides ◐ Contains websites, recommended readings and support groups ◐ Developed to make information available

ALY THOMSON
HALIFAX@METRONEWS.CA

It's been three years and two weeks since Carol Cashen's son Adam took his life.

Since then, she's had difficulty finding resources to help cope with her loss. So Cashen took matters into her own hands.

"As I started healing a little more I realized that if I couldn't find the resources … then others would have as much of a difficult time if not more," said Cashen, who works as a health care professional for Capital Health.

Cashen developed Support After Youth Suicide, a booklet that outlines an array of possible resources including giving yourself time to grieve and surrounding yourself with loved ones.

"What I thought was going to a small little resource is really snowballing into something that has been identified as a major need, but nobody wanted to say that's what they needed."
CAROL CASHEN

But the most important message of the booklet is being open, said Cashen.

"It's giving them that permission to talk," she said.

"It will help to reduce the stigma around it and it's going to help them heal faster … and realizing that you are not going crazy and some of the emotions that you are feeling are common."

Cashen created the pamphlet with Dr. Stan Kutcher, the Sun Life Financial Chair in Adolescent Mental Health. He said research has shown this form of resource is a highly effective.

The booklet has been given to front line workers such as police and medical examiners and is also available online.

MP's criticism won't lead to reduction in MLAs

The Dexter government does not intend to reduce the number of MLAs as a cost saving measure, despite criticism from a sitting Liberal MP.

Kings-Hants MP Scott Brison said the province is facing an economic catastrophe unless drastic steps are taken — including reducing the number of MLAs. But NDP director of communications Shawn Fuller said there are currently no plans reduce the number of provincial politicians.

"(Reducing the number of MLAs) sends a signal. It makes it easier for the government to then negotiate in good faith with labour and more broadly."
LIBERAL MP SCOTT BRISON

"Government does not intend to cut the number of MLAs. However … we've already frozen the wages for MLAs, senior officials and political staff," he said.

Fuller said the government is taking steps to rein in spending — with $1.1-billion in savings planned through spending restraint, including $250-million in public sector wage restraint.

"Through a number of initiatives, including expenditure management, (government) is looking at all ways we can streamline and balance," he said.

ALEX BOUTILIER

1 news

News on the move

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2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at m.metronews.ca

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Alberta farmers join ranks of oilsands critics after fumes cause serious health problems. Video at metronews.ca/canada

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Production as usual, says dairy

Monetary, non-monetary issues at stake, says union spokeswoman

ALEX. BOUTILIER
@METRONEWS.CA

It's a lockout, according to union officials. Except it's a strike, according to management.

But the fact remains that 240 unionized employees at the Bedford Farmers Dairy plant in Bedford are picketing the facility.

Negotiations between the Communications, Energy, and Paperwork Union and Farmers broke down on Friday. The employees have been without a contract since October 2009.

Farmers spokeswoman Andrea Hickey said there will be no interruption in production as a result of the picket.

"We were more than willing to ... keep negotiating because we believe the (outstanding) issues ... we could have resolved."
KIM POWER, CEP REPRESENTATIVE

Return to table?

Negotiations broke down on Friday between the two sides at Bedford Farmers Dairy plant.

- **Workers**
A union spokeswoman said she was pleased with the willingness of Farmers to negotiate on non-monetary issues, but cannot accept a "take it or leave it" monetary offer.
"On the non-monetary issues there's been a fair amount of talking, but they have not negotiated the monetary offer," said CEP regional rep Kim Power.
- **Management**
Spokeswoman Andrea Hickey said Farmers would return to the bargaining table with the union.
"We're committed to reaching a settlement that's fair and reasonable for our employees but that also allows Farmers to remain competitive and commercially strong."

RYAN TAPLIN/METRO HALIFAX



▶ Workers at Farmers Dairy walk the picket line in front of the dairy's plant on Hammonds Plains Road yesterday.

News in brief

Joint effort on ocean energy

RESEARCH. Nova Scotia and Maine have agreed to co-operate on research involving renewable ocean electricity generation.

It allows them to jointly investigate opportunities in offshore wind and tidal energy technology and application.

THE CANADIAN PRESS

Man faces charges

WEAPONS. A man is facing a series of weapons charges after pointing a gun at a woman's head.

Police said the 45-year-old male suspect and the woman were known to each other.

METRO HALIFAX

Sex assault in Fairview

INVESTIGATION. Police are investigating a sexual assault that occurred in Fairview yesterday morning. A 28-year-old woman was approached from behind by a man. The suspect brought the girl to a wooded area and sexually assaulted her. Police said the man was wearing jeans, a black hoodie and Adidas sneakers. ALY THOMSON



NSP eyes NB Power deal

Nova Scotia Power is in the early stages of planning a potential $200-million energy deal with New Brunswick.

NSP spokeswoman Patty Faith said the project is still in its very early planning stages. The issue came out of a capital expenditures filing with the Utility and Review Board, which included a request to lay the groundwork for a possible intertie deal with NB Power.

"It's looking at over the next decade what the needs are going to be, and lots of things that are going to come into play over the next decade."
PATTY FAITH, NSP SPOKESWOMAN

"In order to do something like (the intertie), you have to start laying the groundwork pretty early," she said. "There are no commitments at this stage, its still just in the discussion phase."

ALEX BOUTILIER

WASTEWATER OVERFLOW

Rainfall closes beaches

The Dingle and Black Rock beaches were closed to swimmers yesterday because of heavy rain over the weekend.

The closure comes 10 days after the beaches were declared safe for swimming.

This weekend's downpour brought an overflow of wastewater into the harbour, a release said. Tests are being conducted and the beaches will reopen when the tests indicate the water is safe.

ALY THOMSON

Six drivers facing charges

Police will be charging five motorists with impaired driving and one driver with a 24-hour license suspension in relation to arrests made over the weekend.

METRO HALIFAX

New emission rules may hurt cruise biz

Regulation aimed at cutting sulphur fuels within 200 nautical miles of North American coast



ALEX BOUTILIER
HALIFAX@METRONEWS.CA

New international regulations on sulphur emissions may hurt Halifax's multi-million dollar cruise ship industry.

The International Maritime Organization approved cutting the level of sulphur in fuels to one per cent in 2012, down from 4.5 per cent, effectively increasing the cost to operate within 200 nautical miles of Canadian and U.S. shores. The limit will increase to 0.1 per cent in 2015.

A British cruise ship operator has already indicated it may drop its North American line due to the regulations. But the U.S. Environmental Protection Agency estimates the regulations will prevent up 14,000 deaths a year.

Record-breaker

- Last cruise season, 118 vessels brought over 227,000 visitors to dock in Halifax Harbour. The season broke a one-day record for visitors, with 11,000 descending on the waterfront on Oct. 8, 2009. The direct impact of cruise travel to the municipality is $50 million.

130

The number of cruise ships expected to dock in Halifax this season.

RYAN TAPLIN/METRO HALIFAX



▶ Passengers walk off the Tall Ship Silva with the Crown Princess in the background in this file photo from October.

Taking on the English Channel

A Halifax marathon swimmer is preparing to cross the English Channel.

Within hours of arriving in the U.K. on Saturday, Kristin Roe hustled down to the beach in Dover to witness her next challenge for the first time, she said in an email interview yesterday.

Her 32-kilometre crossing will take place between July 19 and 27, depending on weather and water conditions.

She said she is training everyday in Dover Harbour with other swimmers from across the globe.

"I am feeling generally good, although a bit tired from the travelling, and slightly intimidated by all the world-class swimmers that have swum this body of water," she said. "I really am just a normal person trying to do this swim."

Roe is hoping her English Channel swim will raise $100,000 for the Stephen Lewis Foundation and the Nova Scotia Gambia Association. Roe is involved with both charities, which raise awareness of the HIV/AIDS pandemic in Africa.

ALY THOMPSON

Long swims

- Roe completed a six-hour continuous swim across the Northumberland Strait on June 25 in order to qualify to cross the Channel. She also completed a single crossing of the Northumberland Strait in 2005, and a double crossing in 2008.



▶ Kristin Roe

News in brief

Radio host headed to T.O.

MEDIA. Halifax radio talk-show host Andrew Krystal is leaving to join the Fan 590 in Toronto. Mark Campbell, news director for Rogers-owned News 95.7, says Krystal has kept the station on top of the daily news agenda since he helped launch his Maritime Morning show in 2005. Campbell says Krystal's last broadcast will be July 30. Rogers has not named a replacement.

THE CANADIAN PRESS

3 charged with shoplifting

CRIME. Three young men have been charged after shoplifting just under $5,000 worth of merchandise on Sunday. Just before noon, four males entered the Zellers on Mic Mac Boulevard and stole a large quantity of DVDs. The three will each be charged with two counts of theft and possession of stolen property.

METRO HALIFAX

5 face charges over stolen golf carts

Five males are facing charges after stealing three golf carts from Grandview Golf and Country Club on Friday evening.

Police said a caller witnessed four youths and one adult driving on the course just after 11 p.m. Three youths and one 18-year-old were arrested on site, and the additional male was picked up later.

All four youths will be charged with taking a motor vehicle without consent, and the adult will appear in Dartmouth Provincial Court on Aug. 25.

ALY THOMPSON

3 arrested in alleged Colchester County grow-op

Three people were arrested after a marijuana bust in Shubenacadie on Friday.

Members of the RCMP Marijuana Grow Enforcement Team and the Colchester County RCMP seized more than 290 marijuana plants from a residence in Shubenacadie.

A search warrant was executed and revealed a sophisticated hydroponic indoor grow operation which included fans, various forms of lighting and evidence of lingering CO2 gases.

ALY THOMPSON

Charges upgraded in Truro death

Police say a man accused of killing another man in Truro is now facing a charge of murder.

Dustan Joseph Preeper, 22, was originally charged with manslaughter in the death of 26-year old Ben Hare of Truro. But Truro police Chief Dave MacNeil says Preeper will now face a charge of second-degree murder when he appears in court today. Hare died after an apparent brawl last Thursday morning.

MacNeil says the charge was upgraded in consultation with the Crown.

THE CANADIAN PRESS

Khadr won't plead out in 'sham' trial

Khadr has been at Guantanamo Bay for nearly eight years Only westerner of Gitmo's 181 detainees

A defiant Omar Khadr spoke out on his own behalf yesterday, dismissing the U.S. military tribunal process as a "sham," denouncing his American captors, and disclosing an offer to serve just five years of a 30-year sentence in exchange for pleading guilty to war crimes — an offer he summarily rejected.

"I will not willingly let the U.S. government use me to fulfil their goal," the bearded Khadr, 23, said as he explained why he rejected the deal he'd recently been offered.

"I have been used too many times as a child."

Pleading guilty at his trial next month would "give an excuse to the government for torturing me and abusing me as a child," he added.

THE CANADIAN PRESS

The Khadr case

Khadr is charged with war crimes that include killing an American soldier in 2002 when he was 15.

- **Government appeal** The federal government plans to appeal a Federal Court ruling that ordered it to come up with solutions to breaches of Omar Khadr's constitutional rights. Justice Minister Rob Nicholson says the case raises serious questions about" the Crown prerogative over foreign affairs" and that Khadr faces serious charges.
- **Court ruling** The Supreme Court of Canada ruled in January that Canada breached human rights obligations when they interrogated Khadr six years ago.

Afghanistan. Memorial



▶ A memorial to Canadian soldiers at Forward Operating Base Ma'sum Ghar in the Panjwaii district.

BILL GRAVELAND/THE CANADIAN PRESS

Spirit of remembrance solid as a stone

Soldiers are repainting rocks bearing the names of Canadian soldiers killed in the conflict in Afghanistan. The rock mural in the shape of a huge Canadian flag was carefully laid out more than three years ago on the slope leading to a hilltop observation post in the Panjwaii district. More than a hundred rocks, gathered by soldiers at the nearby forward operating base, have received a fresh coat of white paint and are awaiting finishing touches.

New terrorist threat emerges in East Africa

East Africa saw the emergence of a new international terrorist group yesterday, as Somalia's most dangerous al-Qaida-linked militia claimed responsibility for the twin bombings in Uganda that killed 74 people during the World Cup.

The claim by al-Shabab, whose fighters are trained by militant veterans of the conflicts in Afghanistan and Iraq, resets the security equation in East Africa and has broader implications worldwide.

The group in the past has recruited Somali-Americans to carry out suicide bombings in Mogadishu.

Al-Shabab has long threatened to attack outside of Somalia's borders, but the bombings late Sunday are the first time the group has done so.

"We warned Uganda not to deploy troops to Somalia, they ignored us," said Sheik Ali Mohamud Rage, al-Shabab's spokesman.

BENEDICTE DESRUS/THE ASSOCIATED PRESS



▶ An American woman lies injured in the emergency ward yesterday at Mulago hospital in Kampala, Uganda.

"The explosions in Kampala were only a minor message to them. ... We will target them everywhere if Uganda does not withdraw from our land."

Despite the threats, Uganda's army spokesman said the county would not withdraw.

"Al-Shabab is the reason why we should stay in Somalia. We have to pacify Somalia," said Lt. Col. Felix Kulaigye.

THE ASSOCIATED PRESS

Casualties

- **Death toll** Officials yesterday raised the count to 74, including 60 Ugandans.
- **Injuries** Another 85 people were wounded.
- **Aid group** A U.S. aid group said one of its workers was among the dead.
- **Perpetrator?** Investigators found the severed head of what appeared to be a Somali suicide bomber at one of the blast sites.

No quick fixes in Haiti, minister says

Rebuilding quake-stricken Haiti will take at least a decade, said Canada's foreign affairs minister as he urged patience with "a long-term process."

Haitian reconstruction is a "monumental task requiring a sustained effort and a long-term commitment,"

7 A magnitude-7.0 quake hit Haiti on Jan. 12, killing an estimated 240,000 people.

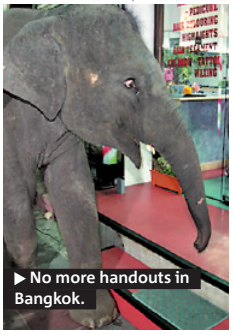
Lawrence Cannon told a news conference yesterday marking the earthquake's six-month anniversary.

THE CANADIAN PRESS

Please do not feed the elephants

Bangkok authorities said yesterday anyone caught handing bunches of bananas or sugar cane to the hulking beasts — proffered by their handlers in a ruse to make money — faces a $320 (10,000 baht) fine. THE ASSOCIATED PRESS

DAVID LONGSTREATH/THE ASSOCIATED PRESS



▶ No more handouts in Bangkok.

N. Ireland protests upended by rioters

Police battled Irish nationalists for control of a Belfast road yesterday as a day dominated by peaceful Protestant parades across Northern Ireland turned violent when night fell.

Riot police dragged kicking, flailing protesters from the pavement of Crumlin Road even as others packed into side streets pelted police with rocks, bricks and Molotov cocktails.

Many of the 100 protesters wore T-shirts saying "Peaceful Protest," while rioters wore masks and scraves to conceal their identities. THE ASSOCIATED PRESS

Survey shows firms upbeat about recovery

StatsCan reported last week June saw 93,000 jobs created ◐ Half of firms plan to add workers this year

Canadian firms are giving the recovery a vote of confidence in a key quarterly survey, paving the way for the Bank of Canada's expected interest rate hike next week.

The central bank's quarterly survey, released yesterday, showed firms were concerned about the fallout from the European sovereign debt mess, but still generally upbeat about the coming year.

"Overall, (business executives) are positive about the outlook for business activity over the next 12 months," the bank wrote.

On the key hiring intentions question, 50 per cent of firms surveyed said they planned to add workers over the next 12 months.

The bank's governing council next interest rate announcement is next Tuesday.

Following a strong jobs report last week, the survey likely represents the last piece of evidence governor Mark Carney was looking for to confirm a pre-disposition to continue raising rates.

"I'd say there's a 75 or 80 per cent probability they will hike next week by 25 basis points," said Derek Holt, vice-president of economics with Scotia Capital.

"I think they'd want to avoid the perception that they just came out with a whole new round of bullish forecasts and then got wobbly knees after just one quarter-point hike (in June)."

What could stay Carney's hand is the unknown factor of what will happen to the global economy as governments move from spending to restraint later this year and next.

While an increase in the bank's policy rate to 0.75 per cent will raise short-term interest rates for consumers, most economists say it is unlikely to have much of an impact on longer-term, fixed mortgage rates.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. THURSDAY

TSX	Dollar
–4.69 (11,565.76)	–0.35¢ (96.39¢ US)
Oil	**Natural gas**
–$1.14 US ($74.95 US)	1,000 cu ft $4.388 (– 1.4¢)
	Gold contracts $1,198.50 (– $11.10)

Cost of battling oil spill has hit $3.5B: BP

BP PLC said yesterday the cost of dealing with the oil spill in the Gulf of Mexico has risen to $3.5 billion yesterday, though its shares rallied on reports it may sell some assets.

The oil company said the overall cost includes nearly $165 million paid to settle individual claims. BP said that by Saturday, it had received 105,000 claims and made more than 52,000 payments.

The company says it is still too early to estimate the final total of costs and compensation.

THE ASSOCIATED PRESS

10 **A new, tighter cap, known as Top Hat 10, was set to be placed on top of BP's busted oil well in the Gulf of Mexico yesterday, a few tantalizing steps shy of knowing whether it will finally stop crude from gushing into the gulf.**

Brussels. Protest



▶ A police officer stands amongst objects thrown at police during a milk farmers' protest in Brussels yesterday.

MATTHEW BUSCH/THE ASSOCIATED PRESS

Crying over milk prices

Milk farmers stood outside meeting of EU agriculture ministers at the EU Council building in Brussels yesterday, protesting what they consider are unfair prices for their products.

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TRADING LATTES FOR RETIREMENT

She says ...

JESSICA NAPIER



A few weeks ago my dear friend Jen attempted to explain to me the finer points of her RRSP.

Pretending to listen (sorry Jen, you lost me at "minimum disbursements") I got to thinking — is this the same girl who routinely blew off her early morning accounting class in favour of hung-over pancake breakfasts at our favourite greasy diner? When we were at university our idea of an investment strategy was selling used textbooks for a Thursday night bottle of wine. It didn't seem necessary to think about saving for anything beyond our weekend plans.

Eventually, Jen did attend enough accounting classes to complete her degree. She now holds down a very respectable bank job while I opted for more education and many more Thursday night vino-drinking sessions.

As a result of our divergent post-grad choices, Jen has become a savvy financier, complete with office-appropriate heels and a respectable retirement savings plan. I, on the other hand, am known as the irresponsible art school friend who regularly has more money on her Starbucks card than in her chequing account.

After rent payments, my cell-phone bill and an overpriced gym membership (because I swear I'll start going next week) I'm lucky if I have enough left over for my daily grande latte habit.

"Ever since my first babysitting profits started rolling in I've always thought about money in an it's-there-so-I-might-as-well-spend-it kind of way."

So how do such close friends develop such drastically different spending habits? My parents have always had a "we can't take it with us" approach to their retirement savings so they might be partially responsible for my spendthrift attitude. But I know they aren't entirely to blame.

Ever since my first babysitting profits started rolling in I've always thought about money in an it's-there-so-I-might-as-well-spend-it kind of way. As I get older, and presumably wiser, I'm starting to realize that might not be the most responsible attitude.

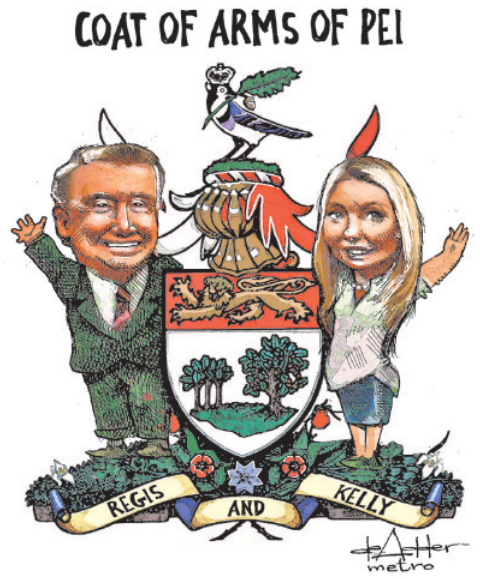
So, in an ongoing effort to become a grown up, I've decided it's time I give my finances a serious makeover.

Jen has promised to give me a lesson in budgeting and I'm resolving to embrace a lifestyle of frugality by cutting back on my not-so-necessary expenses. I'm starting with a solid investment — a coffee maker for my kitchen.

Sure, I'll miss that early morning barista banter, but at $4 a pop (that's a whopping $1460 a year), it's easy to see that I need a serious detox from those fancy, frothy beverages.

Cartoon

MICHAEL DE ADDER



Opportunity wasted

Letters & Tweets

TORONTO. Free speech makes you look smart, crime makes you look stupid.

I feel for all of the legitimate protesters who travelled to Toronto in the hopes of voicing their disapproval or other views surrounding the G20 and G8 summits being hosted in Canada.

They were doing something that is legal and completely respected in Canada: They were enjoying their right to speak freely about our government and their decisions.

I feel for them because they were lumped in with all the criminals, and yes, I did say criminals: Those who decided to use this opportunity to say nothing and take blatantly illegal actions that prove nothing to the government besides how childish their citizens are acting.

The media is one of the most powerful tools in this world. Believe it or not, our government is influenced by what happens in the media.

Thanks for wasting this tool by committing senseless and pointless acts that, of course, overtook the media, ensuring no one's legitimate concerns were heard and nothing got accomplished in the sea of madness.

ERIN STEWART

Breaking the peace

RICHARD LAUTENS/TORSTAR NEWS SERVICE



What's your best garage sale find?

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Metro has the right to edit letters and submissions.

Noteworthy

Octopus oracle calls it a career

Paul, the octopus who became a pop culture sensation by correctly predicting the outcome of as many World Cup matches as he has legs, is going to retire.

Aquarium employees presented the octopus yesterday with a golden cup — similar to the official World Cup trophy. **THE ASSOCIATED PRESS**

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Metro Minute with Celtic Woman

The all-female, all-Irish ensemble Celtic Woman is taking over the Metro Centre tonight.

Chloë Agnew, Lisa Kelly, Lynn Hilary and Alex Sharpe along with Celtic Violinist Mairead Nesbitt use Irish song elements and apply them to their contemporary music.

Their most recent album and fifth release, Songs from the Heart, debuted in the ninth spot on Billboard's Top 200. They've sold five million albums.

Celtic Woman do several covers, such as Mariah Carey's When You Believe and Billy Joel's Goodnight My Angel. They also perform the Irish classics Galway Bay and My Lagan Love. **JENNIFER TAPLIN**

SUBMITTED



▶ Celtic Woman.

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2 scene

DiCaprio dreaming

Shutter Island star spying on subconscious in Inception For DiCaprio, the dark side holds special lure



NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

PHOTO COURTESY WARNER BROS



▶ Christopher Nolan's Inception — in theatres Friday — will be Leonardo's DiCaprio's first foray into science fiction.

Leonardo DiCaprio is the first to admit the subject matter of Christoper Nolan's Inception was a little foreign to him.

The film is an elaborate heist drama about a man (DiCaprio) skilled in stealing information from a target's subconscious through their dreams. And DiCaprio? "I'm not a big dreamer. I never have been," he admits. "I remember fragments of my dream."

Though he initially approached the complex, labyrinthine film like he would any other, DiCaprio admits that didn't last.

"I tried to take a traditional sort of approach to researching this project and doing preparation for it. You know, read books on dream analysis, read Freud's book on the analysis of dreams and tried to research it in that sort of form," he says. "But I realized this is Chris Nolan's dream world."

It's also DiCaprio's first foray into science fiction, something he admits he's never had much interest in. "One of the earliest conversations I had with Chris was how both of us have a hard time with science fiction," he says. "We have a little bit of an aversion to it because it's hard for us to emotionally invest in worlds that are too far detached from what we know."

He credits Nolan's style of filmmaking and storytelling for allaying his fears. "What's interesting about Chris Nolan's science fiction worlds is that they're deeply rooted in things that we've seen before," DiCaprio says. "There's not too much of a leap of faith to make."

As an actor who admittedly makes a lot of decisions about what roles to take based on who the director is, DiCaprio has only the highest praise for his latest collaborator. "This was an extremely ambitious concept that Chris was trying to pull off here. And he accomplished it in flying colours," he says.

Examining his recent work, including this year's Shutter Island, DiCaprio admits he has a penchant for the dark side. "These types of films that are psychologically dark at times I find extremely exciting to do because there's always something to think about," he says.

News in brief



1 K'naan is asking for an apology and a retraction from a South African newspaper that called the Toronto rapper "difficult."
THE ASSOCIATED PRESS

2 Carlos Santana has gotten engaged after proposing onstage to his girlfriend, drummer Cindy Blackman.
THE ASSOCIATED PRESS

Scan code for a story on cult comic artist Harvey Pekar who died at 70 (for instructions, see page 3)



Switzerland frees Polanski

Roman Polanski was declared a free man on yesterday after Switzerland rejected a U.S. request to extradite him to be sentenced for having sex in 1977 with a 13-year-old girl.

The Swiss government blamed the decision on U.S. authorities, saying they had failed to address defence arguments that the 76-year-old filmmaker had actually served his sentence before fleeing Los Angeles three decades ago.

Nine months after arresting Polanski, the Justice Ministry said U.S. officials should have backed up their request by providing confidential testimony about Polanski's sentencing procedure in L.A.

"Mr. Polanski can now move freely," Justice Minister Eveline Widmer-Schlumpf declared. "He's a free man."



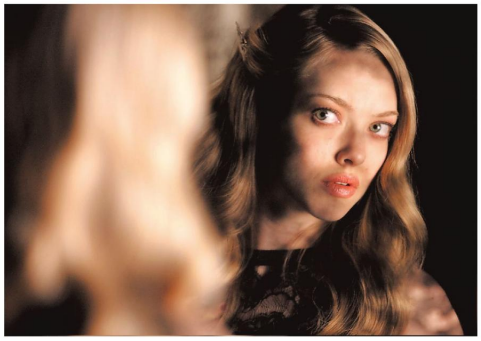
▶ Roman Polanski

The stunning decision could end the United States' long pursuit of Polanski. France, where he has spent much of his time, does not extradite its own citizens and Polanski has had little trouble travelling throughout Europe — even if he's stayed away from Britain.

Polanski will remain a fugitive in the United States unless American authorities move to drop the extradition request.
THE ASSOCIATED PRESS

DVD Releases

Buy it | Rent it | Borrow it | Yawn | Don't bother



Sex and the city

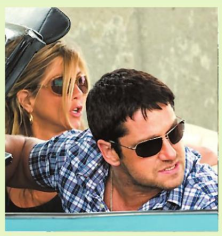
Chloe
Genre: Thriller
Director: Atom Egoyan
Stars: Amanda Seyfried

Atom Egoyan's thriller-ish remake of the 2003 French film Nathalie, significantly quickens the Toronto auteur's pulse. It does the same for Toronto, bathing the city in a sensual light that is almost indecent to behold.

The plot dynamics remain much the same. The gynecologist wife Catherine (Julianne Moore) hires hooker Chloe (Amanda Seyfried) to tempt her professor husband David (Liam Neeson). But the stated purpose is to confirm Catherine's suspicions of infidelity. Hooker Chloe, all long legs and blonde tressess, is only too happy to play along. What neither woman counts on is that this cat-and-mouse game might lead to cat-and-cat attraction.

Extras include a commentary with Egoyan, Seyfried and writer Erin Cressida Wilson (Secretary), deleted scenes plus a making-of featurette.

PETER HOWELL



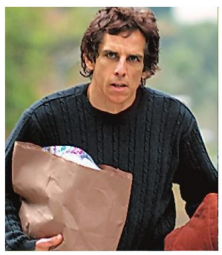
The Bounty Hunter
Genre: Romance/comedy
Director: Andy Tennant
Stars: Jennifer Aniston, Gerard Butler

Tabloid reports insist that Jennifer Aniston and Gerard Butler became a real romantic couple while making this movie. This is hard to fathom, since they exhibit no onscreen sparks as ex-spouses looking to light a new fire.

Nothing is in real jeopardy or ever in doubt here. There are two parallel stories: Milo's and Nicole's on-again, off-again relationship (he's a bounty hunter, she's a reporter), and guys with guns who keep shooting at them.

Director Andy Tennant previously made Fool's Gold, another lame rom-com about quarrelling cupids. Perhaps it's time for him to consider other employment — bounty hunting, maybe?

PETER HOWELL



Greenberg
Genre: Comedy
Director: Noah Baumbach
Stars: Ben Stiller

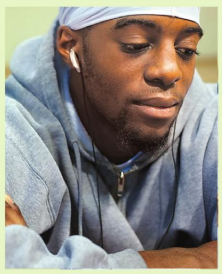
As titular misanthrope Roger Greenberg, Ben Stiller presents one of the most unsympathetic characters ever seen in a film that purports to be a comedy. For this, he at least deserves credit for bravery, although it is difficult to watch how he treats Florence (Greta Gerwig), the woman of his indifferent affections.

Roger is a failed indie rock musician, who lives in a near-comatose state of disregard for everybody and everything.

It's another skewed view of the state of modern romance from writer/director Noah Baumbach, and it leads precisely nowhere.

But Stiller redeems the film with his astute observation of a man who is offered much yet can't see past his own disillusionment.

PETER HOWELL



Invisible City
Genre: Documentary
Director: Hubert Davis

Toronto's much-maligned Regent Park neighbourhood is laid bare in this measured piece of cinema. Or is it? The film, which won Best Canadian Feature at last year's Hot Docs, chronicles the lives of two inner-city black teens — Mike and Kendell. Both are mired in their impoverished milieu, constantly battling the social forces that are shaping their uncertain, and possibly criminal, destinies. Director Hubert Davis shoots the kids with deft intimacy, aiming to reveal the bigger picture through the everyday minutae of their lives. But, in the end, the Oscar-nominated filmmaker's camera cannot penetrate the desolating veneer of Regent Park. It remains a question mark, much like the future of Mike and Kendell.

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More damaging Mel tapes leak

The actor's ex records him admitting to domestic abuse, prompting a criminal investigation

Mel Gibson is heard allegedly acknowledging that he hit the mother of his 8-month daughter.

The eight-minute recording posted yesterday by RadarOnline.com is purportedly a phone argument between Gibson and then-girlfriend Oksana Grigorieva. A voice sounding distinctively like the Academy Award-winner is heard telling Grigorieva that she "deserved" to be hit after she chastised him for allegedly punching her in the face and breaking two of her teeth.

"Oh, you're all angry now!" Gibson responds. "You know what, you ... (expletive deleted) deserved it!" A Los Angeles. County Sheriff's Department spokesman would not say whether the recordings would become part of the investigation.

THE ASSOCIATED PRESS

Deal or no deal?

Despite their nasty breakup, Oksana Grigorieva won't be seeing much of Mel Gibson's billion-dollar fortune, according to RadarOnline. The Russian singer reportedly signed a cohabitation agreement while she was pregnant with his child that strips her of any claims to his money. Grigorieva said she will appeal.

METRO WORLD NEWS

GETTY IMAGES



▶ Mel Gibson

Talking points

La Toya talks MJ, monkeys

ALL I'M GONNA SAY IS SHE'S LUCKY BUBBLES IS IN A CAGE. La Toya Jackson claims her brother Michael Jackson spent a small fortune in an attempt to get his pet chimp, Bubbles, to speak, according to News of the World. "Michael always wanted to know how to make Bubbles speak and talk," she tells the newspaper. "He wanted to give him vocal chords and asked doctors, 'Can I give him an operation so that I can know what his thoughts are?'" But the doctors reportedly warned Michael off the plan as the risk of injuring the primate was too great.


How about for addiction to attention?

No Rehab for Tequila

THAT HEADLINE JUST WROTE ITSELF. MTV star Tila Tequila won't be appearing on the next season of Celebrity Rehab after all, despite being the first cast member to sign up, according to Radar Online. Her manager wouldn't elaborate on the change in plan, though producers for the show, hosted by Dr. Drew Pinsky, are reportedly happy about the decision.

METRO WORLD NEWS

Joke's over for Batman sequel

LAST LAUGH. Batman is returning, but he won't have the Joker to contend with next time.

Director Christopher Nolan says he will not bring back the Joker, the villain played so maniacally in The Dark Knight by the late Heath Ledger. The role earned him an Academy Award a year after his death.

THE ASSOCIATED PRESS

Celebrity tweets



Lindsay Lohan [@lindsaylohan] I love my mother... she is amazing and strong* she's all i could ask for and more, by taking on the role of my mother and father all my life



Neil Patrick Harris [@ActuallyNPH] Lindsay Lohan crying in the courtroom - true, authentic regret or yet another theatrical performance? So hard to tell with actresses...



Lance Armstrong [@lancearmstrong] Stage starts out through a village called "La Cure". If Robert Smith isn't standing by the roadside then I'm going to be super pissed!

METRO WORLD NEWS

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3 life

Icky Flip Flops



A recent study by New York University and the University of Miami found the average pair of flip flops harbours more than 18,000 bacteria. The study found 93 per cent of flip flops worn for more than three months have fecal bacteria, and 20 per cent have E. Coli.

What's scarier, think how many times you touch your hands to your feet, and then to your face, in a day. A quick solution is to use a hand sanitizer — like the easy to use One Step Hand Sanitizer — regularly to keep your hands clean.

METRO NEWS SERVICES



Antibody discovery renews search for AIDS vaccine"



How to be a superhero

Ever envied Ryan Reynolds' six-pack and Scarlett Johansson's sexy silhouette? Fitness guru Bobby Strom is the body-blitzer Hollywood turns to when serious action's involved



ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

The transformation

"Consistency, balance and moderation are key triggers for change and jumping the gun will only lead to pain and injury," Strom says. "Once you have synergised your exercise and nutrition habits, you will get optimum results." Having trained Scarlett Johansson for her role as the Black Widow in Iron Man 2 and currently whipping Blake Lively into shape for her role as villain Star Sapphire in Green Lantern, Strom knows that there's more to it than aiming to get them to fit into Lyrca cat suits.

"These girls are doing stunts on harnesses and doing crazy jumps, so I focus on building their core strength," he says.



"It could take weeks before you notice significant weight loss or muscle definition."
BOBBY STORM

Toning but not bulking

"Women want to be trim, toned and lean so we do exercises that use and manipulate their own body weight, so as not to create bulk or heavy muscle," he says. "Knee pushups, rocking lunges and jumping squats will and moves on the Swiss ball will all work on the core."

Shape and sculpt

"With women, I focus on creating lean muscle in the legs, upper body and stomach areas," Strom says. "Circuit training is a fantastic way of getting the heart rate up by doing 15-20 repetitions of the same moves using light weights and dumbbells, a method I used thoroughly on Scarlett."

Surprisingly, it seems that men favour defined muscle tone over big and bulky, something Strom is currently doing with Ryan Reynolds in preparation for his lead part in Green Lantern. "Men want to be lean as well and the focus is on the back and the shoulders… it's not all about being buff."

On the menu? Metabolism

During exercise, your heart is pumping and your metabolism is working at a faster rate, but how can you keep this up after the work out?

According to Strom, it's all about how you eat.

"Think of the body like a race car — you want the car to be light so that it can get around the track as fast as possible — so only put enough fuel to finish the track," he says. "Food is fuel and we should think of eating as re-fuelling. At the end of the day, fat is nothing but stored food so if there is no food to store there will be no fat."

Eating in a controlled and constant manner gives the best results. When training Johansson, he got her to eat small portions every two to three hours on top of training seven days a week for five month.

For Strom, moderation is key: "You can have too much of a good thing and that applies to both food and exercise."

Bobby Bites

Sugar causes the body to store fat so in order to avoid this, Strom recommends basing your diet on foods with a low glycemic index that release energy over a longer period of time.

- **Breakfast:** Porridge, eggs or fruit and yogurt.
- **Lunch and dinner:** A mix of complex carbs, lean protein and green vegetables. Brown rice, sweet potatoes and yams along with fish, chicken and spinach, broccoli or kale are all great.
- **Snacks:** Should be eaten small handfuls so graze on nuts such as almonds, walnuts.

For more info on Bobby Strom go to: bobbystromfitness.com



Fashion alert: High heels a health hazard

Fashion accessory can be painful in many ways ◐ Spine, hips, ankles, toes all at risk



ROMINA MCGUINESS
METRO WORLD NEWS

How does wearing high heels damage your body?

Bunions: Wearing tight fitted shoes may cause a bony growth on the joint at the base of the big toe.

Calf muscle: High heels cause the calf muscle to contract as it is forced to adjust to the irregular angle. In the long term this can cause the muscle to shorten and tighten.

Achilles tendon: The higher heel you chose, the shorter you tendon becomes. This in turn will create heel pain as the front of the foot moves downwards in relation to the heel your Achilles tendon tightens up.

Poor Posture: Holding a good posture is rare when perched in vertiginous heels. The heels push the centre mass of the body forward causing the hips and the spine to move out of their alignment. Bad posture is also responsible for lower back pain.

Knobbly Knees: Walking in high heels alters the posture of walking as it places an excess of force and mass onto the inside of the knee.

Bad Balance: You are at a greater risk of falling over and therefore damaging your ankle (sprain and break) as high heels create bad balance.

Metatarsalgia: High heels force body weight to be redistributed. Wear over long periods can lead to joint pain in the ball of the foot, known as metatarsalgia.



▶ Wearing high heels can damage your body.

Minimizing the Impact

It's unlikely women will ever give up wearing high heels, an accessory regarded by many as the ultimate confidence booster. Here are the top 5 tips to ensure you stay happy once heeled high.

- **Keep the height** of your heel to 4 cm or below.
- **Variation is important** — if you wear 10 cm heels one day, try no heel or a very low one the next.
- **Avoid backless heels**. The lack of support forces you to claw your toes as you walk.
- **Perform a series** of calf stretches at the end of the day to keep your feet supple.
- **Choose a heel** with a strap over the instep as this will hold the foot in a secure position.

SOURCE: THE SOCIETY OF CHIROPODISTS AND PODIATRISTS UK

How to rid your skin of cellulite

Top 3 ways to peel orange skin with Ramona Branagnza.

Cellulite busters

- Hydrate as much as possible as water helps to flush out toxins from the body, allowing your skin to remain looking smoother.
- Moisturize. There are many new creams that can help skin appearance and texture. Braganza suggests Mamma Mio Get Waisted, the cream helps burn stored fat cells, reduce the overall look of cellulite.
- Exercise, especially strength training workouts help improve body composition by burning away body fat (which is basically what cellulite is made up of) and increasing and improving muscle.

METRO WORLD NEWS

The benefits of power napping

Celebrity fitness trainer Ramona Braganza, the woman behind Halle Berry's toned silhouette, gives Metro tips on why we should all be thinking about taking a nap …



▶ Celebrity fitness trainer Ramona Braganza says we should all think about taking naps.

1. Napping can lower levels of stress hormones during the day, leaving you feeling more relaxed and capable of handling the rest of the day more effectively.
2. Short naps give you extra energy, making you more alert and productive throughout the rest of the day.
3. Regular naps may lower the risk of having a heart attack in the long term, related to lowered stress levels.
4. A 20-minute nap can help recuperate lost sleep from the previous night.

METRO WORLD NEWS

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Grilled sausage, pepper and bocconcini pasta salad ◗ A hearty salad that is quick and easy to prepare ◗ Full of colourful and seasonal vegetables with a light, fresh dressing

Makes 4 servings
Prep time: 10 min.
Cooking: 15 min.



▶ Grilled sausage, pepper and bocconcini pasta salad.

Ingredients:

- 3 cups (750 mL) penne
- 1 large clove garlic
- ¼ tsp (1 mL) salt
- ¼ cup (60 mL) extra-virgin olive oil
- 3 Tbsp (45 mL) red wine vinegar
- ¼ tsp (1 mL) pepper
- 4 hot or mild Italian sausages
- 1 each sweet red, yellow and green pepper
- 1 head radicchio
- 1 container (200 g) small bocconcini cheese
- ¼ cup (60 mL) loosely packed fresh basil, thinly sliced

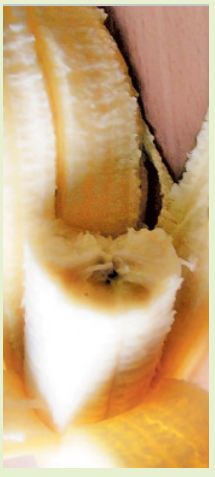
Preparation:

1. In saucepan of boiling salted water, cook pasta according to package instructions; drain and set aside.
2. Meanwhile, mince garlic with salt. In large bowl, whisk garlic mixture, oil, vinegar and pepper. Set aside.
3. Place sausages and red, yellow and green peppers on greased grill over medium heat; close lid and grill, turning often, until juices run clear when sausages are pierced and peppers are charred all over, 10 to 15 minutes.
4. Cut sausages into bite-size pieces; set aside. Peel, quarter and seed peppers; slice and add to dressing. Toss to coat.
5. Cut radicchio in half lengthwise; remove core. Grill, turning often, until leaves are tender and slightly charred, 5 minutes.
6. Transfer to cutting board; slice. Add to dressing. Add pasta, sausage, cheese and basil; toss to combine.

CONTRIBUTED BY



Superfood: Bananas



Bananas are a great source of energy and their high potassium content helps maintain regular blood pressure and heart function as well as bone strength.

They also contain the amino acid tryptophan, essential in helping the body produce serotonin. Known as the brain's very own sedative, serotonin has a calming effect on the brain and consequently helps regulate mood.

ROMINA MCGUINNESS

Liquid assets

My go-to summer wines

If medium- to full-bodied red wines are your favourite tipple you don't look forward to hot summertime weather because they can come across flabbier than the auditions for next season's Biggest Loser.

While no wine likes heat; the deeper, darker flavours of most reds lose their complexity when served with even a hint of warmth. Truth be told, the thought that a red wine should be served at the room temperature of a modern home is baloney. When that old chestnut was thought up they were talking about the room temperature of a house circa the 18th century (so more like 10 - 18˚C).

Lighter reds are the best choice this time of year. Not only do they have more juicy fruit flavours, they really shine when poured with a bit of a chill (as cool as 10˚C). Those from France's Beaujolais region top my list of go-to summer wines with the Georges Duboeuf 2008 Beaujolais-Villages ($13.00 - $17.99) a textbook bright-berry sipper that's well-balanced and very barbecue-friendly.

The Italians often serve their lighter reds with a right-from-the-fridge chill with the Bolla 2008 Valpolicella Classico ($13.00 - $15.25) a cherry-infused easy-drinker that pairs perfectly with pizza and pasta.





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HONESTLY, WHY NOT JUST TRY HONESTY?

Biting your tongue in front of your partner won't come back to bite you but if you aren't honest with your wealthy friends it certainly could eat away at your wallet.

Q: Is biting your tongue around your partner sometimes the key to a healthy relationship, or best to let everything out?

Bret says...
Here are some clear guidelines. If the thing in your mind is troubling you or making you hurt or making you sad or making you feel weird and lonesome, say it. Tell your partner what's on your mind. Maybe it will turn out to be nothing, or maybe it will spark a fight, but at least you will have let the tension out. Conversely, if the thing in your mind is a ball of mean, and if you have been rolling it around in your head, looking for notches where you can attach hurtful little spikes to it, and if you have been fantasizing about how when you throw it out there it will explode and make your partner feel crumpled and small, bite your tongue.

Then later, when you are alone, apologize. Apologize to yourself. Apologize to everyone you have ever shared a thought with. Understand that you nearly shat in the pool. Be grateful that you didn't.

Kate says...
Yup.

Q: Our couple friends have gotten quite a bit wealthier than us, which poses a dilemma when we go out for dinner together and such. We can no longer afford to split the bills. How do we fess up that we just can't afford their lifestyle?

Bret says...
Are they just rich, or are they rich and also the boss of you? Here is how you afford to split the bill on nights out together: You go to places that serve cheap food and cheap drinks. Colloquially, they are known as "pubs" or "casual dining restaurants." Maybe you have heard of them. When you are making plans with your rich friends, suggest places like these. Then you can go out and have wings and nachos and pitchers of Coors, and when the tab comes, you can go Dutch and everybody's wallet survives the night.

If your friends don't like cheap food and cheap drinks anymore, and if they can't bear to be seen in a restaurant with fewer than two and a half stars, they are losing their taste for life itself.

Wish them every happiness with their new friends, who are also rich and have nothing to talk about but real estate and how hard it is to find a good nanny. Savour the memories of the good old days, and good riddance.

Kate says...
Nothing to be embarrassed about. Just tell them, "We aren't as rich as you and we can't afford to keep going out to these expensive restaurants. Come to our house and we'll barbecue some burgers instead." This is Canada, after all, where everyone pretends we are a classless society. So if you acknowledge your lack of cash, the only possible reaction your friends can reasonably have is, "Oh, of course! No problem! We love burgers!" Anything else would be snotty.

Metro Interview

COURTESY OF COLUMBIA



▶ Javier Bardem and Julia Roberts star in Eat, Pray, Love — an autobiography by Elizabeth Gilbert, inset.

ELIZABETH GILBERT ON BEING TERRIFIED AT GETTING MARRIED

NINA ETTRUP
@METRONEWS.CA
METRO WORLD NEWS IN DENMARK

Elizabeth Gilbert's autobiographical Eat, Pray, Love became an international best-seller and is about to be released as a movie starring Julia Roberts. This week her new book Committed was also released in Europe.

Why did you call the book Committed?
The word 'Committed' has two meanings.

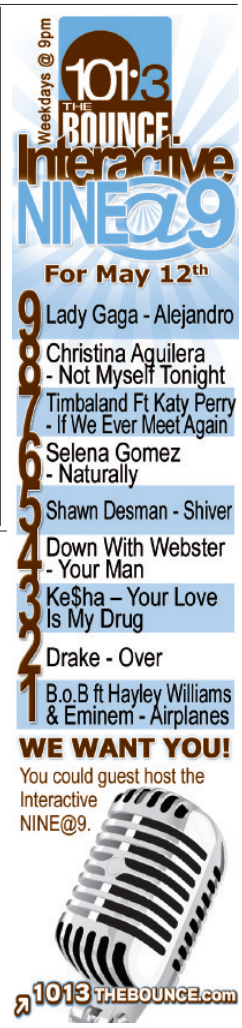
One is having a contract, to be connected and the other, obviously, is being admitted to a mental institution. So I'm playing on that a little bit. I like that there's a kind of fierceness to the word – in both meanings. It's got a lot of muscle, it's not a happy-go-lucky word — and that appeals to me, because that goes well with the way we decided to get married.

What were you most afraid of about getting married?
I was afraid of becoming someone else.

I was afraid of the power of the language of marriage. There are so many expectations connected to it, and I was afraid it would cause me to be someone I didn't want to be. I was afraid that marriage would be the end of my privacy and of me being in control.

What would have happened if you had fallen in love with someone who wanted to get married?
I don't think it was an accident that I fell in love with someone who didn't want to get married, who didn't want any more kids, who doesn't have any trace of traditional views on what men and women are. That's what I was attracted to. If he had been someone who wanted to get married.

Have you seen anything from the Eat, Pray, Love movie?
I have seen the entire film, and it's really good. I'm very happy to say that. I would never say anything negative about it – I think it would be tacky to ... criticise what they do, but they've made it easy for me





Spread the eggs around

If you want to have your financial cake and eat it too, don't put all your eggs in one basket.

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



I've spent the past couple of weeks debunking various financial myths, such as the investment industry's mantra that buy and hold is the only way to go and that the young can afford to take risks.

However, there is one rule that I (and my granny) wholeheartedly endorse. Don't Put All Your Eggs in One Basket. It's as true of investing and financial planning as it is of pretty much every aspect of life.

The technical name is diversification, but I like the eggs analogy. If you have too many eggs in too few baskets, you risk disaster should the basket (the stock market) fall. We saw it with real estate in the mid-'90s, tech stocks in 2000 and the financial sector in 2008.

Spreading your eggs over a number of baskets is the essence of defensive investing which is absolutely the best approach for most people.

Right now many investors are heavy into gold stocks or resource based mutual funds, which have been riding high. But those sectors will have their day and that day will be done before the average investor realizes what's going on. And it will go down much more precipitously than the rest of the market.

Diversification doesn't just mean spreading those eggs among the various stock market sectors. It also means popping a few into nice safe baskets such as bonds, preferred shares and cash-like investments such as GICs or even just high interest (yeah, I know, an oxymoron these days) savings accounts.

However, avoid the temptation to fling those eggs too far afield as over diversification actually reduces return and increases cost.

We wouldn't need to diversify if we all had shiny, clear crystal balls. But guessing which stock\sector\country is going to boom and for how long has always been a mug's game.

Alison Griffiths' show Maxed Out appears Wednesdays at 10:30 p.m. on W Network. You can find out more at: alisongriffiths.ca



▶ Diversification will reduce the risk you take in investment.

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How to pay when abroad

Many people enjoy discovering new places and visiting other countries.

Traveling abroad may lose its charm, however, if you return home and find a lot of unexpected charges on your credit card and bank statements. Service charges and network access fees for debit cards can rack up fast. For more information about foreign currency conversion, network access and other fees, visit the Financial Consumer Agency of Canada website at fcac.gc.ca. **NEWS CANADA**

Fun and Frugal

LESLEY SCORGIE

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TURNING YOUR PART-TIME PASSIONS INTO PROFITS

Imagine for a moment that you were able to turn your passions into extra income or even a new job. Doing something you're passionate about is one of the easiest ways to make more money.

I've developed a simple income building model, called the Core and Petals, which you can use to turn your passion into more income. Envision a daisy flower with its white petals and yellow core that's connected to the stem which is rooted in the ground. Think of the core and stem of the flowers as your day job. Your job is necessary for your survival. You collect a salary which enables you to pay your bills, keep a roof over your head and food on the table. Now, think of your extra-curricular interests as the petals on the flower. Because you have income stability through your day-job it's actually easier, to start developing your petals as supplemental streams of income. What do you need to get started? Take a brief moment to focus on what you love to do in your spare time. Then, think of ways to make money off your interests.

When you're ready, set up a small corporation, or independently register the business. Then, get started. When your small business is strong enough to become your primary source of income, it then becomes your core and stem. But, it often takes time to develop a business and therefore it's a good idea to keep your core day-job while you grow your stems.

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Stephen Lewis adds to his collection

Mount Saint Vincent bestows honorary degree on humanitarian

The foundation

- Stephen Lewis became despondent about how powerless he felt as a special envoy. In 2003, he poured his heart out to a good friend. She said, "Stop whining. Do something. Create a foundation." So he did.
- The Stephen Lewis Foundation now supports more than 150 projects in 15 countries with the more than $10 million it raises each year. "The generosity of Canadians has been astounding," he says.
- It's that passion and potential for good action that drives the 73-year-old to his hectic schedule and why he makes time to speak to graduates like those at MSVU.

JON TATTRIE
FOR METRO HALIFAX

Stephen Lewis accepted an honorary degree at Halifax's Mount Saint Vincent University in May, adding to his collection of more than 30 such recognitions.

"I hang them in my office. Very colourful," he laughs from his Toronto home.

It's an odd twist of fate for a man who dropped out of college twice in the 1970s before embarking on a political career in Ontario that ultimately stalled. "I got in at 25 and out at 40. I recommend that highly to any aspiring politician," he jokes.

As the founder of the anti-HIV/AIDS Stephen Lewis Foundation, the one-time UN diplomat who rubs shoulders with former UN secretary general Kofi Annan and rock star Bono could probably collect as many degrees as he'd like.

He chose to accept the MSVU degree and to deliver a stirring, sometimes disturbing speech about AIDS in Africa at the convocation, because of the school's deep and historic commitment to women's education. His foundation directs much of the $10 million it raises yearly to women in Africa. "They don't abuse funds. There's not a worry about funds disappearing," he says. "That's been our experience."

Even odder for a former NDP provincial party leader, he credits Brian Mulroney with starting the extraordinary post-politics career that has seen Lewis named Maclean's magazine's Canadian of the Year and Knight Commander of the Most Dignified Order of Moshoeshoe in Lesotho, southern Africa.

> **"I hang them in my office. Very colourful."**
> STEPHEN LEWIS

Mulroney appointed Lewis as Canada's ambassador to the UN in 1984. Working in the complex but powerful arena of international efforts like the response to the Ethiopian draught, he knew he'd found his calling.

After that he worked for UNICEF before being asked to be special envoy for HIV/AIDS in Africa in 2001.

"Between 2000 and 2006 was really the nightmare period for Africa, where the carnage was most extreme and one spent one's life watching people die and visiting graveyards," he says. "It was a horrific narrative of death."

CNW/MOUNT SAINT VINCENT UNIVERSITY



▶Humanitarian and renowned advocate, Stephen Lewis, addressing graduates at MSVU convocation ceremonies.

More than 600 species accounted for in BioBlitz

RICHARD WOODBURY
FOR METRO HALIFAX

Saint Mary's University recently held its third annual BioBlitz at Crystal Crescent Beach. It's a field method that assesses the biodiversity in a given area.

"Biodiversity is a big thing on the radar right now because we're losing biodiversity at an absolutely staggering rate," says Janet Stalker, the communications and outreach officer for SMU BioBlitz 2010.

Participants in the event included a total of about 70 students, scientists and volunteers. The group found 622 different species in the 650-acre park, including 56 species of birds, 196 species of insects and 31 species of algae. One of the species, Japanese Knotweed, is a type of invasive plant species not native to Nova Scotia.

MINH TAN/SUBMITTED



▶ A yellow spotted salamander was one of the species found during Saint Mary's University's latest BioBlitz.

Part of the objective of SMU's BioBlitz is to build a biodiversity database of the findings at several different locations to monitor how biodiversity changes.

Why biodiversity loss?

By the end of the century, climate change will likely be the biggest factor behind biodiversity loss, says the Convention on Biological Diversity (CBD). The CBD is an international legally-binding treaty in effect since 1993.

"It (climate change) is already forcing biodiversity to adapt either through changing habitat, life cycles, or development of new physical traits," says the CBDs fact sheet on climate change. "This, in turn, will affect vital ecosystem services for all humans, such as air and water purification, pollination and production of food, decomposition and nutrient cycling, carbon sequestration, etc.

"Biodiversity can also help reduce the effects of climate change. The conservation of habitats, for example, can reduce the amount of carbon dioxide released into the atmosphere. Moreover, conserving mangroves can reduce the disastrous impacts of climate change such as flooding and storm surges."

RICHARD WOODBURY

Students make and break competition

ALY THOMSON
FOR METRO HALIFAX

For students in the architecture program at Dalhousie University, the goal of their last assignment was to fail.

Students were asked to build a smaller section of a roof structure and then loaded with weight until the scale models collapsed.

Ten teams competed in the School of Architecture's annual Structural Bay Week. Third year students were asked to design a "structural bay" based on cost, weight of the structure, the total load carried and structural elegance, said Hudson.

An array of innovative designs culminated on the school's front lawn during the last week of June. Everything from wine boxes to pop bottles were used to created the best structure.

The winning team carried a fraction of the weight some of the other designs, but racked up points for elegance and cost efficiency.

Highlights

- **Wine-o's** Wine boxes were cut into hundreds of short and flat interlocking pieces that created a shell-like structure.
- **Good news** Heavy duty cardboard tubes from news print paper were donated to create a low-cost arch structure.
- **Recyclable design** More than 400 empty two-litre pop bottles were used to create an arch-type structure.

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4 sports

Fisher picks Lakers over Heat

Although Derek Fisher thought about joining that burgeoning superteam in Miami, he's staying in the Los Angeles Lakers' own collection of stars.

The veteran point guard said yesterday he'll re-sign with the Lakers, sticking with Kobe Bryant and the defending two-time NBA champions after speaking with several teams as a free agent.

"I have decided to continue with Kobe, continue with our teammates and the fans of Los Angeles," Fisher said in a statement on his website.

"While this may not be the most lucrative contract I've been offered this off-season, it is the most valuable. I am confident I will continue to lead this team on and off the court. Let the hunt for six begin."

The five-time NBA champion said he considered contract offers from several teams in the past two weeks after playing a key role in the Lakers' championship repeat.

He spoke with the Heat last weekend, entertaining the prospect of running an offence for LeBron James, Dwyane Wade and Chris Bosh, who all left free-agent money on the table to sign teammates of Fisher's ability.

Fisher averaged 7.5 points and 2.5 assists last year.

THE ASSOCIATED PRESS

CHRISTIAN PETERSEN/GETTY IMAGES



▶ Derek Fisher will stay with the Lakers.

The connection



Can you guess the connection between these baseball players? Answer below.

CONNECTION ANSWER: ALL PICKED FOR ALL-STAR GAME BEFORE THEY TURNED 22.

Quoted



"I think they like watching him play, to be honest with you."

BRAVES MANAGER BOBBY COX, ON WHY FANS HAVE TAKEN TO JASON HEYWARD.

Scan the code for news

Can NL bust out of all-star slump?

Senior Circuit hasn't won game for 13 years ◐ NL looks to elite group of pitchers to turn tables

Ryan Howard is sick of all the talk about the American League's dominance in the all-star game.

The Phillies slugger knows all too well it's been 13 years of AL bragging rights. And, no, that wacky 7-7 tie in 2002 did little to boost NL morale in baseball's Midsummer Classic.

In this year of the pitcher, the National League is downright loaded, even for an all-star game with the best of the best coming to Orange County tonight.

"This should be the year for us to go out there and hopefully end this drought," Howard said.

"I'm getting tired of hearing about the American League winning and how long they've won, every year for the last 13 years or whatnot. Basically go out there and try to change it up."

"I'm getting tired of hearing about the American League winning and how long they've won."
RYAN HOWARD

There's Colorado 15-game winner Ubaldo Jimenez starting at Angel Stadium. In the bullpen: Marlins ace Josh Johnson, Mr. Perfect Roy Halladay and two-time reigning NL Cy Young Award winner Tim Lincecum. And so on.

The AL run is one of the more perplexing streaks in sports. Is it simply a quirk, or evidence of true dominance? The American League has ruled interleague play for several years, and also done well in the World Series, winning four of the last six titles.

THE ASSOCIATED PRESS

JAE C. HONG/THE ASSOCIATED PRESS



▶ Ubaldo Jimenez smiles while speaking at a news conference yesterday.

Hawks match Sharks' offer

The Chicago Blackhawks, who have lost seven players since winning the Stanley Cup a month ago, said yesterday they plan to keep 23-year-old restricted free agent defenceman Niklas Hjalmarsson.

Calling Hjalmarsson one of his team's "core" players, Blackhawks general manager Stan Bowman said yesterday that Chicago will match the four-year, $14 million US offer sheet the defenceman signed with the San Jose Sharks last week. Bowman said the team would complete the paperwork within the next day.

$59.4M
Since winning the Stanley Cup, the Blackhawks have shed seven players to remain under the NHL's $59.4 million cap for next season.

Hjalmarsson earned $660,000 last season. The Swede averaged a just under 20 minutes of ice time per game in the regular season and 21 minutes in the playoffs as the No. 4 defenceman behind Norris Trophy winner Duncan Keith, Brent Seabrook and Brian Campbell.

THE ASSOCIATED PRESS

Sports in brief

Spanish team returns home

MADRID. Spain's football team returned home to a jubilant nation and a huge fiesta yesterday after winning the World Cup, finally giving Spaniards a break from months of economic gloom and political squabbling.

NCAA adds to March Madness

TOURNAMENT. The NCAA has decided to add a new round to the NCAA men's basketball tournament next year, when the field expands to 68 teams.

The men's basketball committee announced its plans yesterday for four early games, with the winners earning their way into the 64-team second round.

THE ASSOCIATED PRESS

Sibling rivalry on the water for Russell bros

Ben Russell set to go up against older brother Andrew at sprint canoe-kayak trials Brothers faced off in May, but stakes are higher now

BALINT VEKASSY/CANOE-KAYAK CANADA



▶ Ben Russell (right) catches his breath with C-2 partner Richard Dalton (left) after a race in Duisburg, Germany, last month.



MATTHEW. WUEST
@METRONEWS.CA

For more than four years, Andrew Russell and Gabriel Beauchesne-Sevigny have been the top sprint canoe tandem in Canada.

But Andrew's younger brother, Ben, hopes to have something to say about that this weekend when he hits the water in Montreal with partner Richard Dalton of Halifax for the final set of sprint canoe-kayak national team trials.

Ben Russell and Dalton are facing a must-win situation in the C-2 1,000 against Andrew Russell and Beauchesne-Sevigny.

That would force a tie-breaking race-off for the coveted spot at August's world championships.

"We both paddle on the same side. It's like shooting a hockey stick ... You only have one side you shoot and you can't shoot the other way."
BEN RUSSELL, ON WHY HE AND OLDER BROTHER ANDREW DON'T PADDLE IN THE SAME CANOE.

"Absolutely ... We're pretty confident," Ben said, when asked if he and Dalton can take the next step. "They're a great crew, but we think we're at the same level as them and any given race we think we can take them."

Ben, a 22-year-old Dartmouth native, has steadily improved over the past four years, going from an up-and-comer to an Olympic contender.

Dalton, meanwhile, went to the 2004 Athens Olympics in C-2 with since-retired Mike Scarola and is one of the country's most experienced paddlers.

The two teamed up this summer to challenge the Russell/Beauchesne-Sevigny boat, which represented Canada at the 2008 Olympics in Beijing.

"Rich and I jumped into the C-2 at the final set of team trials last year and came quite close to beating them," Ben said.

"Ever since, we both knew this year was gonna be a bit of a head-on competition."

Ben Russell and Dalton actually won a head-to-head race at the first set of team trials in May, but there wasn't much at stake.

The stakes don't get much higher now.

"We think if we execute and be a little bit better in the second half of races, we can be right there with them," Ben said.

Championships

- The world championships will be held Aug. 19 to 22 in Poznan, Poland.
- A record 11 Nova Scotians were among 40 Canadians who competed at the 2009 worlds on Lake Banook.
- Canoe-Kayak Canada has narrowed its selection criteria to reduce travel costs, meaning 10 fewer athletes could go to worlds.

Moose announce alumni game

The Halifax Mooseheads are taking another swing at holding the franchise's first alumni game.

After last year's contest was cancelled because of inclement weather, the Mooseheads announced yesterday an alumni team will take on Halifax Regional Police on Aug. 22 at 2 p.m. at the Forum, just prior to the club's QMJHL pre-season home opener against the Saint John Sea Dogs.

Former captains Nick Greenough and David Brine have already been confirmed for the alumni team, along with Colby Pridham, Jason Churchill and Jason Troini.

Mooseheads owner Bobby Smith, meanwhile, will suit up for the police.

METRO HALIFAX

METRO FILE



▶ Colby Pridham skates with the Halifax Mooseheads during his final season with the club in 2007-08. He will participate in the Mooseheads' alumni game on Aug. 22.

Home club sitting pretty at golf event

It was a great day for the home club at the Nova Scotia Golf Association junior (ages 10 to 18) championship yesterday.

Six competitors from the Brightwood Golf and Country Club in Dartmouth found themselves in the top 10, with Corey Venturini leading the way.

Venturini sat tied with Eric Banks of Truro after both golfers made par with matching opening rounds of 68 yesterday.

Ally Tidcombe of Ken-Wo and Matt Gallupe of Brightwood sit tied for third, one stroke behind the leaders.

Chris Hill, Colin MacKinley and Ryan Bunker were the other Brightwood standouts through 18 holes and are among those in a five-way tie for sixth, three strokes back.

Two-time defending champion Eric Locke of Digby Pines is within striking distance after the first round, five strokes back with a 73.

The 72-hole event continues today, while the champion will be declared Thursday.

The top four finishers will compete at nationals from Aug. 2 to 6 in Richmond, B.C.

Brynn Tomie of Northumberland and Emily Romkey of Oakfield lead the girls field with 9-over 77s.

METRO HALIFAX

Irvine gets weekly honour

Joel Irvine has been named Nova Scotia Senior Baseball League Cleve's player of the week.

The 14-time all-star helped Dartmouth to a pair of wins over Kentville, leading the bats with two doubles, a single, five RBI and four runs scored.

Irvine is batting .389 on the season. Second-place Dartmouth has an 8-5 record and sits a game and a half behind the first-place Halifax Pelham Molson Canadians, who are 8-2.

METRO HALIFAX

Gillis among top Bluenosers

Halifax's Tom Gillis was one of Nova Scotia's top performers at the Speedo Canadian junior diving championships last weekend in Winnipeg.

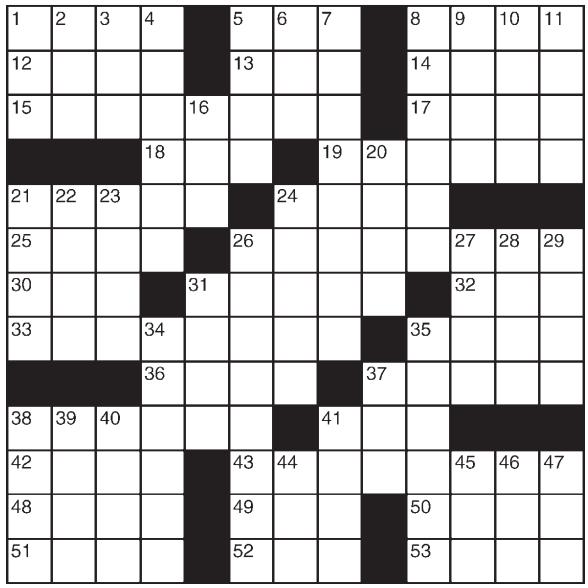
Gillis, who trains out of the Cygnus Diving Club, earned a sixth-place finish among 20 competitors in the men's Group C (ages 12 and 13) three-metre springboard event.

He also placed ninth among 23 divers in the one-metre event.

It was Gillis's top finish at a national event.

METRO HALIFAX

Crossword



Across

1 Options list
5 Calf's mama
8 Cutting tools
12 On
13 Lawyers' org.
14 Witticism
15 "Th-th-th-that's all, folks!" speaker
17 Radius' neighbor
18 Dine on
19 Report card data
21 Scatter about
24 Talon
25 Bound
26 Have lofty goals
30 Author Fleming
31 Meat cut
32 Yoko of music
33 Oilfield structure
35 Mil. alliance since 1949
36 Crazy one
37 Vice President Burr
38 "The Georgia Peach"
41 Doctrine
42 Inter
43 Baseball commissioner
48 Coaster
49 Prior to
50 Vega's constellation
51 Church furniture
52 "CSI" evidence
53 Favorable votes

Down

1 Chart
2 DDE's command
3 Neither mate
4 Maintenance
5 Army rank (Abbr.)
6 Japanese sash
7 Swaying from side to side
8 Complain
9 "— Lang Syne"
10 Sommelier's suggestion
11 Hot tubs
16 Deviate off course
20 File crosser
21 Lost traction
22 Rip
23 Hindu royal
24 Mountain range
26 Pulsated
27 Papa pig
28 Really enjoying
29 Hoodlum
31 Unkempt one
34 Famed London insurers
35 To wit
37 Fool
38 Recipe meas.
39 Christmas
40 Rowing team
41 Concept
44 Coffee shop vessel
45 Caustic solution
46 George's brother
47 State of matter

▶ Yesterday's answer

A	S	P		D	I	T	S	Y		O	R	R		
G	O	O		E	N	A	T	E		L	O	U		
O	L	D	S	C	H	O	O	L		D	A	B		
			O	R	E		C	L	A	M	M	Y		
D	A	N	D	E	R		K	O	L	A				
E	S	E		E	E	K		W	A	S	T	E		
S	E	W	S		S	E	N		S	T	A	Y		
K	A	Y	A	K		G	A	S		E	K	E		
			O	U	R	S		V	E	E	R	E	D	
H	A	R	L	O	W		A	R	A					
I	R	K		N	E	W	J	E	R	S	E	Y		
L	E	E		O	D	E	O	N		P	R	O		
T	A	R		R	E	E	S	E		Y	E	N		

Sudoku

	3		6		7		9	
7								1
		2	8		9	5		
	4		5	7	3		8	
	6						5	
	5		1	6	2		4	
		5	3		1	6		
8								5
	2		9		6		7	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	1	3	2	7	8	6	9	5
5	2	8	9	6	4	1	3	7
6	7	9	5	3	1	8	4	2
1	8	7	6	5	9	3	2	4
9	4	2	8	1	3	5	7	6
3	6	5	4	2	7	9	8	1
2	9	4	1	8	6	7	5	3
8	3	6	7	4	5	2	1	9
7	5	1	3	9	2	4	6	8

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Dear Big Daddy: Don't worry too much babe. You will be okay and all this is just a test of your amazing strength. This too shall pass. I love you forever.
SUNNY XOXOX

NJR, the last 3 years have been the best years of my life. I wouldn't be where I am today if it wasn't for you. I'd love to be yours forver. 143BB
ANOTHINY

Richard: I am so sorry that our relationship (friendship) ended. I don't know how or why it did. I know I ran scared, as always. I just wanted to tell you, I love you.
X BUILDING MANAGER

Hey, Daysi I love you so much!! Days I m alone without are days I miss you alot, when Days I m with you are the most amazing days of my life! **SEXY**

The Weather Network ©The Weather Network 2010

Today: Variable 25° / 19°
Wednesday: 70% Rain 25° / 17°
Thursday: 40% Partly cloudy 27° / 16°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Aries March 21-April 20 Get your head out of the clouds and get stuck into your work. Even if you are the kind of Aries who prefers to leave details to other people you will quite enjoy getting involved in the finer points today.

Taurus April 23-May 21 Venus, your ruler, will sweep away the negative atmosphere both at home and at work and life will be fun again.

Gemini May 22-June 21 If you made an error of judgment yesterday or over the weekend you must own up to it now. There is no doubt you will be forgiven but others' generosity won't extend beyond the next 24 hours. You have been warned.

Cancer June 22-July 22 Make an effort to communicate with someone you desperately want to get back on good terms with. They will appreciate that effort.

Leo July 23-Aug.23 There is nothing you cannot accomplish if you want it enough and if you put both your heart and your mind into making it happen. Do whatever it takes to realize your dream.

Virgo Aug. 24- Sept. 22 Venus in your birth sign does wonders for your confidence, especially in one-to-one relationships, so now is the time to let that special person know how much you care for them. They care for you too — and they'll show it.

Libra Sept. 23-Oct. 23 This is a good time to stand back from your life a little and take stock of where you have been and where you intend to go in the future.

Scorpio Oct. 24-Nov. 22 You have never been the kind to accept second best and you are not about to start now. However, you are unlikely to get what you want through coercion, so why not try persuasion instead?

Sagittarius Nov. 23-Dec. 21 Your popularity on the work front will reach new heights today and if ever there was a time to push for a promotion or raise that time is now. Let your boss know why you are worth your weight in gold.

Capricorn Dec. 22-Jan. 20 Pluto in your sign is enlivened by Venus, planet of emotional and material values, over the next 24 hours, so positive news about your money situation or a relationship will cheer you up no end.

Aquarius Jan. 21-Feb. 18 A situation that has been worrying you will be resolved to your complete satisfaction today and you will be glad that you did not impose a solution on it as some people suggested.

Pisces Feb. 19-March 20 The Sun in Cancer means this is a fortunate time for you and whatever you do over the next few days will be a complete success. **SALLY BROMPTON**

Caption contest

GE YUEJIN/THE ASSOCIATED PRESS/XINHUA



You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

MIGUEL ANGEL MORENATTI/THE ASSOCIATED PRESS



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CUBA

Varadero via Toronto
Sirenis La Salina Varadero • 4★
All-Inclusive
Standard rm.
Aug. 28 - Sept. 26 • 1 wk.
$529
+Taxes & other fees (including service charges): $242

Santa Clara via Toronto
Meliá Las Dunas • 4★
All-Inclusive
Standard rm.
Aug. 28 - Sept. 25 • 1 wk.
$549
+Taxes & other fees (including service charges): $242

DOMINICAN REPUBLIC

Samana via Toronto
Bahia Samana Roulette • 4★
All-Inclusive
Run of the house
Sept. 5 & 12 • 1 wk.
$629
+Taxes & other fees (including service charges): $320

Puerto Plata via Toronto
Iberostar Costa Dorada • 4 1/2★
All-Inclusive
Hotel rm.
Sept. 3 & 10 • 1 wk.
$789
+Taxes & other fees (including service charges): $320

TURKS & CAICOS via Toronto
Royal West Indies Resort • 4★
Studio botanical view
Sept. 4 & 11 • 1 wk.
$939
+Taxes & other fees (including service charges): $268

MEXICO

Cancun/Riviera Maya via Toronto
Occidental Grand Xcaret • 4 1/2★
All-Inclusive
Deluxe rm.
Sept. 5 • 1 wk.
$559
+Taxes & other fees (including service charges): $304

Grand Sirenis Riviera Maya Hotel & Spa • 5★
All-Inclusive
Junior suite
Sept. 5 • 1 wk.
$659
+Taxes & other fees (including service charges): $304

BAHAMAS

Great Exuma via Toronto
Augusta Bay • 3 1/2★
Continental breakfast
Oceanview queen rm.
Sept. 4 - 26 • 1 wk.
$799
+Taxes & other fees (including service charges): $211

Grande Isle Resort & Spa • 4★
Continental breakfast
One-bedroom villa ocean view
Sept. 4 - 26 • 1 wk.
$1199
+Taxes & other fees (including service charges): $211

JAMAICA via Toronto

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive
Standard rm.
Aug. 27 - Sept. 23 • 1 wk.
$649
+Taxes & other fees (including service charges): $293
Please add $50 for Sat. & Sun. departures

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive
Junior suite
Aug. 27 - Sept. 23 • 1 wk.
PRIVILEGES
$749
+Taxes & other fees (including service charges): $293
Please add $50 for Sat. & Sun. departures

SAINT LUCIA via Toronto

Coconut Bay Beach Resort & Spa • 4★
All-Inclusive
Deluxe garden view rm.
Sept. 4, 5, 11 & 12 • 1 wk.
$1249
+Taxes & other fees (including service charges): $240

USA

BOSTON
Courtyard Boston Downtown/ Tremont Hotel • 3★
Double king size bed
Aug. 1 - 31 • 3 nts.
$459
+Taxes & other fees (including service charges): $112

CRUISE

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Southern Caribbean Cruise
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Rondo EX shown

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HWY: 7.5L/100KM (38 MPG)
CITY: 10.6L/100KM (27 MPG)

Crash Test Rating
NHTSA - Frontal impacts ›

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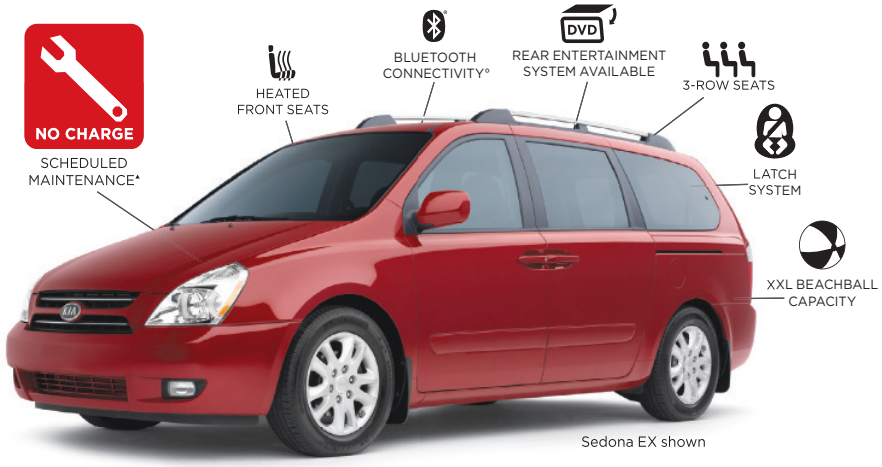
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THERE IS NO SAFER MINIVAN

SALE PRICE FROM **$19,995‡** CASH PURCHASE PRICE

SAVE UP TO $7,050 + $500 COMPETITIVE BONUS•

HWY: 8.5L/100KM (33 MPG)
CITY: 12.6L/100KM (22 MPG)

Crash Test Rating
NHTSA - Frontal and side impacts›



Sedona EX shown

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